

Washington Is **Earthquake** Country!

**Wherever you are, when the ground shakes,
DROP, COVER, and HOLD!**

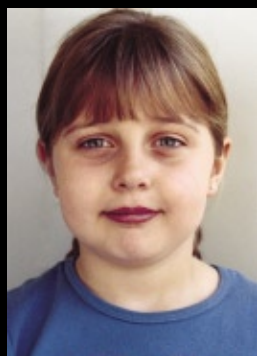
Whether you are in your home, a classroom, or a tall building, know how to protect yourself during an earthquake. Teach yourself and family members to react automatically when the shaking starts.

**Protect Yourself —
DROP, COVER, and HOLD!**

1. **DROP** down to the floor.
2. Take **COVER** under a sturdy piece of furniture. If that is not possible, seek **COVER** against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors, or tall furniture.
3. If you take cover under a sturdy piece of furniture, **HOLD** on to it and be prepared to move with it. **HOLD** the position until the ground stops shaking and it is safe to move.



These people knew exactly what to do when an earthquake struck Washington in 2001!



Drop



Cover



Hold



Be Prepared

Create a plan. Practice your plan. Gather emergency supplies. Learn CPR and first aid. Be prepared to be on your own for at least 3 days.



**WASHINGTON MILITARY DEPARTMENT
Emergency Management Division**

Photos top courtesy of The News Tribune and the Washington Department of Natural Resources.
Photos bottom: Mark Frey Photography
Lenore Doyle, Designer